Area 51 Attacked, Then The Moon, Contactee Reveals Shocking 3-Day Timeline

Dr. Michael Salla, Lily Nova

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Extraterrestrial contactee and remote viewer Lily Nova returns with one of her most intense experiences yet.

It began with a vivid recall of being transported to the Moon through what appeared to be a portal or jump room. She remembers military personnel, a mysterious procedure, secret space program activity, and eventually being pursued after returning home.

Then things became even stranger.

Within the same three-day period, a major fire erupted near Area 51, Lily experienced her Moon recall, and reports emerged of an alleged attack on lunar facilities.

Coincidence? Or were these events connected?

Lily shares what she says she perceived while psychically viewing Area 51, including a massive cloaked spacecraft, directed-energy weapons, underground facilities, biologics, cloning experiments, and

an apparent confrontation between opposing extraterrestrial and military factions.

The conversation then moves beyond Earth. Lily discusses reports of hostages on the Moon, possible connections to Mars, mysterious impressions involving Jupiter and Ganymede, and whether these events could be part of a much larger struggle taking place throughout the solar system.

She also opens up about two disturbing experiences she interpreted as attempted Gray alien abductions following her Moon recall, and explains why inner development, spiritual protection, discernment, and stepping into your own power have become central to her work.

This is a wide-ranging conversation about Area 51, the Moon, underground bases, secret space programs, extraterrestrial conflict, remote viewing, spiritual protection, and a possible shift taking place behind the scenes.

DR. SALLA: My guest today, Lily Nova, is an extraterrestrial contactee. She has been taking photos and film of crafts since 2020. She is also a very talented remote viewer getting psychic information about events happening in both space and underground in deep military underground bases. Recently she had an experience concerning the Moon and attacks on both the Moon and Area 51. Well great to have you back Lily.
LILY: Hey thanks so much for having me. Yep lots going on.
DR. SALLA: Yes now it's been a few months since you've been on last and maybe people don't know too much about you so why don't you just say how you get your information.
LILY: Yes so I'm a contactee so some of this information I do get from galactic contacts but a lot of it I like to focus on getting into a state of meditation and tuning into the quantum field. They may come through downloads through psychic vision through sort of remote viewing if you will and some of it I will get through my guides essentially.
DR. SALLA: Now one of the things that people I guess always ask about the information that's gained psychically is this something

anyone can do or those that have a particular gift can do that and making it really accurate information.

LILY: Yes I think some people, they kind of have the gift more readily available than others but I do believe that this is something that anybody can train to do. I wasn't having psychic vision I wasn't having communication until 2020 when I started really focusing on meditation and I started having contact experiences that obviously helped activate my DNA but I really practiced for years in developing extrasensory perception.

There was a year that I completely took off work and literally meditated every single day. So that definitely helped and it's like a muscle you know it gets stronger with practice and I know there's different you know like remote viewing protocols and things that you can practice with and really learning to tune into the truth frequency and feeling what that feels like in your body.

That is when it's true what that feels like in your body when something feels off so you really have to fine tune your perception and your intuition through practicing with that as well as setting up protective boundaries and you know different shielding techniques when you go and explore other places I found to be really important.

DR. SALLA: Right, now you also have taken photos and videos so you actually have you know what a lot of people would consider to be evidence for some of the things you've seen or that you've been in communication with you have photos and videos.

LILY: Yes I've got tons of footage, so the first year or two that I began having these experiences that's what I would do I would go out every day and I would document so I started off as a space photographer and that's when I started having these experiences at 2020 which a lot of people started becoming activated in 2020. That was right before UFOs started coming into the light people started talking about it on the news but yes I've got tons of footage pictures videos of ships and other sorts of things I think the evidence part is really important and after I got a decent amount of evidence then I started shifting my focus more to developing my extra sensory perception and psychic abilities.

DR. SALLA: Okay, that sounds like a very sensible thing to do. You first have some evidence that yes, you're really in communication with these beings and then you can actually start to share that information that you gain from them.
LILY: Having the evidence helps definitely.
DR. SALLA: Yes, well, I know you have plenty of that and that's really very important, I think. Well, you recently had an experience concerning the Moon and Area 51. So, where do you want to begin in terms of sharing what information you gained and what we have
LILY: Yes, so I think maybe let's go in chronological order. The first thing that happened and by the time this airs, this will be a little bit this would have happened a couple weeks ago. This happened at the very end of July, but I still think it's important to cover these topics because there's definitely something that's been going on the Moon and Area 51.
So, on the night of, I'll start by this intense recall that I had that kind of came in the form of a dream. I was traveling at the time, I was in Northern California and I woke up at about five o'clock in the morning and I was seeing all of these visions of the army. I saw the word DUMBs.
I was seeing underground bases and military. I was also seeing some Reptilian figures, but a lot of it was very like army military-based visions and that woke me up. It was still dark outside and I'm like, that's weird. Why am I seeing all of this? Like, it was just flooding, flooding me. I fell back asleep and at 8 a.m. I woke up with this incredibly intense, very visceral recall to where I think this actually happened to me.
I'm still putting the pieces together around some of this, but this was really intense. So, what happened in this recall was, I remember going into the closet of the house I was in and being transported to the Moon through some sort of a portal or like a jump room or something, but I know it was in the closet and then I was transported up to the Moon. And then while I was on the Moon, I got to see, it was kind of like, I don't know, these different scenes, but I was sitting on the Moon with a female sergeant.

I knew she was a sergeant, sitting kind of behind me to the right and I was watching these workers and other people walking on the Moon and we were, it looked like we were out in the open, like we were actually like on the surface of the Moon and some of these people I recognized. I noticed that I recognized from like school and things like that.
So, this is getting into like secret space program type stuff. This one girl that I recognized from high school, she was walking up towards me and I looked up at her and I told her like, shh, don't say anything that you recognize me. To me, this felt like I was like on like an undercover, like I was aware on the Moon and I didn't want my cover to be blown, which I thought was interesting.
And then after this, it skipped to another memory of being up there where I received a surgery and this surgery was, this procedure was around my reproductive organs and this, this procedure allowed my Kundalini energy to rise and I knew that it was for ascension.
It was to raise my frequency and I remember feeling like I could physically feel all of the energy rising up and I feel like this procedure was used to sort of remove some sort of a block that allowed my energy and frequency to rise. I don't know what they were doing with that.
Maybe they're shifting me up in density. But what was interesting about that is I know in Naira Isley's testimony from when she was at, she was in Tonopah, I believe when this happened and I actually stayed the night in Tonopah on the way back down from this trip I was on where she was in the military and they gave her an injection. I believe before she went to the Moon or while she was on the Moon, she was taken to the Moon and this injection was to stimulate ascension.
They were trying to create and simulate ascension. So I thought that was a really interesting piece of information that I got and I could physically feel it. So it was some sort of surgical procedure to simulate ascension and raise the frequency. And in the end of this recall, I came back from the Moon and I could physically feel how difficult it was adjusting to being back on Earth.

I felt the gravity was much more difficult here on Earth. Much I felt so heavy. I felt more dense and I was having a really hard time adjusting back from the shift in density. And at the end of the stream they actually, there were two assassins sent after me. And I guess because I was gathering some sort of information on the Moon, maybe I took something and I remembered something and I was a threat upon returning home and then I woke up.
And after that, the week after that, I had a few dizzy spells. It really was physically impacting me where I almost passed out and I had to be kind of bedridden for a couple of days. It felt like my body literally was adjusting.
Or this was another version of me, parallel reality version of me who was on the Moon and I was experiencing a sort of bleed through, but I could physically feel it. I almost passed out multiple times.
I'm feeling better now. So I thought that was really strange that morning. I'm like, wow, that was so real. That was very vivid. Something happened. And hours after that happened, Trump posted some very cryptic, strange messages. I can show those actually if you would like.
DR. SALLA: Sure, please go ahead.
LILY: Okay, so I will go ahead and it should be pulled up. Let me know if you can see it.
DR. SALLA: I can, I don't see the particular slide yet.
LILY: Oh, there we go. Yep. Now I see it. Okay. So again, this happened to me on the 26th. He posted this picture of him in JFK, which JFK was the president when the space race happened when we were going to the Moon publicly. So I thought that was interesting. He also posted communications and time travel, a time travel epic, which I believe a lot of this secret space program stuff. It has to do with time travel, the 20 and backs, things like that. There's like a time travel back and forth happening. And the post says the past was about to change. History was about to be saved. And it has him with a portal with a clock saying this is a time travel epic.
And then he also posted this interesting cosmic commander. And this was all about the Moon. So I thought, well, that was interesting. And

if you'd like, I can jump right into. I can jump right into Area 51. So after shortly after this, I drove back home from Northern California down to Arizona. We passed by Area 51. And there was this massive fire. And I caught video of it. So Area 51 is Area 51 is literally on fire right now.

DR. SALLA: Yes, that's amazing synchronously. So Area 51.

LILY: Yep. And I'll just show this one real quick. So after I got home, I pulled up to order pickup from a restaurant. And I pulled up behind this car with an Nevada license plate that said S4 UFO. And I'm like, okay, I need to something very significant happened there. And the dates. So I'm done sharing now. The dates of all of this are really interesting. Actually, I don't know if you want to share the article, but the Area 51 fire happened on the night of the 24th, 25th. My Moon recall happened on the 26th.

And then July 27th, you received information about the Moon being attacked. And we can go more into that. But I don't know if you want to show this Area 51 article real quick. But yes, it's literally on fire where nobody can go in the testing ranges. And I was able to psychically get some information on that. I looked more deeply into it the other day that I can share with you also. I believe there. Yes, I believe there was some sort of a conflict or attack on both locations back to back, basically.

DR. SALLA: So attack on the Moon and an attack on Area 51. And the Moon attack was before the Area 51 attack. Is that the sequence?

LILY: No, the Area 51 attack was right was on the 25th. And my Moon recall was the 26th. Your informant told you that the Moon was attacked on the 27th. So it literally happened within three days of each other. Okay, so why don't you tell us about the

DR. SALLA: Area 51 attack? Because this news article about the fire there does shows something very strange is happening in that area. And it, yes, this fire. I guess that maybe it's a cover story.

LILY: Yes. So what I saw when I looked into this, I'm like tuning into the quantum field. Setting attention to view something. I saw a massive ship coming over Area 51 that was completely cloaked, but it was huge. And this ship was benevolent. It felt like a positive

alliance ship. And then something happened. I started seeing like laser weapons, directed energy weapons and explosions. Like there was an altercation. This ship was like attacked.
And then I, my awareness was brought underground. Something about evidence being stolen, taken, and a an underground back and forth between dark Reptilian faction, dark alien factions, and a positive more benevolent alliance faction. And I kept hearing the word biologics that this had to do with biologics.
And I saw a lab, I was seeing like bodies and tubes, cloning experimentation, I think possibly even experimentation on extraterrestrial bodies in biologics. And it was a massive cover up. And they were weaponizing biologics and experimenting with things that they should not have been experimenting with.
So I felt like this was literally a showdown of sorts. And I was shown a vision of Phil Schneider and Dulce in New Mexico. When I was tuning into this, like I was being related that it was a similar incident. Now I don't know too much from Phil Schneider's testimony, but I know that he, I asked Tyler about it afterwards.
They were doing something underground, I think building a network or tunneling or something. And they ran into a layer with dark aligned Grays. And there was literally a fire fight between them. And he lost a finger or two. He had markings. Maybe you can add some context on that.
But they were basically saying that something similar happened at Area 51. There was a showdown. And then they showed me that the base is connected. I saw it growing vast underground network connected to all their bases around the country and around the planet. And I heard the alliance, positive alliances hitting base by base to snuff out regressive, aggressive deep state assets and projects facilities.
And again, they were showing me like cloning, like possibly even political figures, cloning in some of these facilities that are being taken out. That's what I got on Area 51. Maybe you can add some context to that or your thoughts.
DR. SALLA: Yes, that's fascinating. Yes, that connection with what happened at the Dulce underground base with Phil Schneider when

there was this expansion of a surface base. That was going to be used just while by the humans or by the military. And they opened up a chamber into a deeper layer where there were these very tall Gray aliens.
And they apparently were doing things down there. And there was a firefight. And that's when there were a lot of Special Forces people killed and Phil Schneider got injured, losing fingers and so forth. And there definitely is a network of underground bases that are connected through monorails and maglev and all of that. And Area 51 has always been a place where they've been conducting all sorts of experiments.
And they've been keeping that from the elected governments, representative governments. And there's that very famous incident in 1958 when President Eisenhower had the threaten to invade Area 51 because they weren't sharing what was going on there. So it sounds as though Trump has gotten to the point now where he has enough support from the military that even though Area 51 and the people that are in charge of it have typically excluded presidents from any kind of oversight or any kind of influence over what's happening at the Area 51 that Trump has finally followed through. And according to what you saw, what you experienced, there was a physical altercation where the White Hats, military forces were ordered to go in.
LILY: Yes, that's what it looked like. And that really opened my eyes to, wow, there's really a current back and forth happening. Like we're not at least at this point when I saw that, we weren't completely out of the woods yet. And that again, that was at the very end of July. But yes, that blew my mind. And I'm wondering if because the attack on the Moon and my Moon dream literally happened the next day after this Area 51 fire started.
And the official narrative is, they say it was started by lightning, which completely that's bullshit. And it's, I mean, you can't go close to Area 51. I was seeing that from a distance so they could obviously very easily hide. They've been hiding what's going on there for a very long time. But the Moon attack, I wonder if that was retaliation

from what happened at Area 51. It's just interesting it happened literally the next day.

DR. SALLA: That's very interesting because I just released an interview, a two-part interview with George Kavassalis. And he says that he was part of a special forces raid on deep state assets where they were doing some of this dark stuff. And he said that they went in these Special Forces.

And I think the date was July 25, if I recall right. So it kind of matches that he was part of that initial kind of like incursion of positive forces into these underground bases and facilities where they were doing all these dark things. So he was part of that. And that in retaliation, the dark fleet then did this attack on the Moon a day later or two days later.

LILY: I think so. And that's fascinating if George said like the 25th because that is when Area 51 got hit. And that reminds me I had a little bit of a recall wall. So it's a long drive from Northern California to where I live in Arizona. So we stopped him. We stayed the night in Tonopah, which is where Naira Isley's testimony comes from.

And there's a base there. There's facilities of all sorts. It's interesting driving down that stretch of highway because there's like complete desert. You have amazing service though. I think that's for the underground networks and all of the military personnel because there's nothing but you've got great service.

I have better service there than I do in Sedona. And then you'll just see like random military stuff. Roads leading up to looks like they're going into these mountains. And it looks like there's a spaceport in the middle. This this I can't remember exactly what it's called, but it was mind-blowing.

We were literally hours into the desert. Then all of a sudden we enter into this industrial place with all of these big warehouses and there's names of different streets like Italy, Australia, and it's like they're sending things to other places in the world.

I think it's a spaceport of sorts, kind of got off topic. But when I stayed the night in Tonopah, which is close to all of that, I had some recall of being an underground being an underground network. And I

was scanning from a level and activity. And that would have been around the same time.

DR. SALLA: Now you mentioned about some hostages being taken. So what do you recall about that?

LILY: Yes. So this this part's a little bit fragmented because I have I had a very personal recall from the dream. I'm kind of still putting this together. But when I tuned into what happened at the Moon, well, first I asked, why did Elon shoot something at the Moon? I don't know if we've talked about that yet on this recording, but what's also weird is Elon apparently shot a piece something at the Moon on August 5th.

DR. SALLA: Yes, there we go. That's the that's the story about the SpaceX, upper stage of a Falcon 9 crashing on the Moon. And that came out around August 5. So yes, that's the that's the story.

LILY: Yes, around so all around the same time. That's why I'm like, this is way more significant than like it to be ignored. I asked though, I started off by asking why did Elon shoot something at the Moon? I immediately heard the response. He didn't, just cover story. Lunar operations command.

And then I was being shown hostages, hostages being taken by negative Reptilians. I hate saying that, but that's what I saw. I saw a hostage situation. And then I kept being shown Mars. So I'm still trying to understand this connection, but this is some sort of a connection with Mars or maybe they were hitting the Moon first, then going to Mars.

And I asked, why did I have the Moon dream? And they said, because you were there. I said, was there a conflict on the Moon? They said, yes, I said about what? And the response I got was control of the matrix. And it felt like an ongoing conflict, at least at the time I was looking into this.

I asked if the White Hats were in control of the Moon, I got correct. There might be some shady kind of Gray areas though. But and that would make sense why it was attacked then. And then I saw Mars again and heard global conflict and that there was something approaching Mars or has approached Mars.

And that might be what they're setting their eyes on next. So something by the time this airs, there might have been something that happens on Mars as well. I'm going to try to get more information. But what's weird is at the end of my Moon recall, they had sent two assassins after me.
And days later, I heard like, you're on the run. So I almost wonder if I a version of me, if you're thinking SSP, because that's a parallel version of you, same timeline, but there's another version of you. I wonder if a version of me was on the Moon and potentially I was on the run from because they were taking hostages. I'm kind of speculating there. But yes, I saw a hostage situation happening and 100% a conflict broke out.
DR. SALLA: That's very interesting that all of that kind of matches the reports from Dr. Katharine Milano, who was the one that revealed to me first that the Moon had been attacked by the dark fleet and that there had been a lot of destruction.
A lot of the spacecraft, the belonging to Space Force were destroyed on the Moon. But yes, she said it was July 27th. Right, the attack up and that was pretty much around the same date that you recall July 26th being on the Moon and the attack was around that time or just after.
LILY: Yes, exactly. It would have been the day after she reported that there was an attack on the Moon. So I don't think there's any coincidence there. And this recall came through so strong, like I could physically feel all of it going into the closet being transported up to the Moon through like a portal or jump room in the closet. The procedure that was performed on me, the knowing that I was there, it felt like gathering information and then assassins being sent after me at the end. It just, yes, it felt very significant.
DR. SALLA: Right, so you were there, you got the memories of being there, some beings, the Grays, wanted to suppress that information from getting out. And you also said something about US Army soldiers saluting the Reptilian beings. So I guess the Reptilian.
LILY: Oh, no, no, I don't think they were saluting. I was, I just saw one Reptilian in that recall. I'd have to pull that back up because that came. I don't think that I have that handy on me right now. But yes, I

was seeing a lot of armies, specifically army, which I thought was interesting because the you mostly hear about like Space Force, of course, the Air Force and the Navy, but this was all this has been army that's been coming up for me.
And yes, so I was seeing a lot of soldiers and I did see one Reptilian, they weren't saluting them, but I did see a Reptilian mixed in there. I don't know. It was like a fleeting memory. So I don't know if that Reptilian was negative or there's a chance it could have been positive. But yes, I saw it kind of amongst the army military.
DR. SALLA: Okay, so that was around the same time then that July 2026 when you're up there. Well, that's fascinating. So things definitely are happening on the Moon. And it appears that whatever is happening on the Moon may have been a retaliation for the events happening previously on July 25 at places like Area 51 and who knows wherever else there were these white hat forces liberating or attacking the remaining deep state assets.
So as I recalled, George described that as a pretty powerful kind of cleansing operation to remove these vestiges of the darkness on Earth. So yes, that's in the interview that just went out. So yes, there's a kind of sequence here. Area 51 attacked. The Moon is then attacked.
And then you also have this meeting at Epsilon Eridani, according to George, where there was a peace agreement. So all of that kind of like suggests some kind of, well, I don't know if you could say they were caused or just as a consequence of this peace agreement, or just kind of like happened all around the same time.
LILY: Yes, well, I guess it would make sense if there were these attacks that to snuff out the remaining dark faction bases and operations, dark projects on the planet, a retaliation with the Moon, something with Mars as well, I kept being shown Mars. And then maybe after that, they reached a peace agreement.
Hopefully, I guess that would make sense knocking out some of the aggressive forces, the remaining ones so that we could reach some sort of peace agreement. I don't have any specific information on the peace agreement, but I think that could make sense, definitely.

DR. SALLA: Yes, so this is the article where George talks about this peace agreement. And he also mentions, well, this is the interview and he also mentions the operation, the Special Forces Operation, prior to this agreement being signed that he was a part of. So all very, very interesting.
LILY: Yes, and I find that really interesting that he had, I guess, some sort of recall of going in some of the cleanup operations the exact same time that Area 51 happened that I don't think that's a coincidence.
DR. SALLA: Yes, yes, exactly. Well, also you talked about traveling to Jupiter and Ganymede.
LILY: Yes, so I actually don't have full memory of that. But when I, so since this Moon recall that I had the last couple of weeks, I've been having some strange experiences and I'll wake up with kind of like fleeting memories. The other day I woke up and I just kept hearing Jupiter, Ganymede, Ganymede. I don't have specific memories from it, but I believe that something occurred there may be some sort of an important meeting. But yes, I don't have any further recall on that, unfortunately, yet.
DR. SALLA: Well, that's interesting. Yes, because again, one of the things that George said was that there was a kind of local version of this big peace agreement happening at Epsilon Eridani, but it was happening in our solar system now. I don't know if he mentioned Jupiter or Ganymede, but that would make a logical location for where a kind of similar peace agreement, which would be kind of like a local stellar version of what was happening at the big a galactic stage that that was done. And Jupiter, Ganymede, they would be the places where all the parties would come and meet and make the agreement. Yes, I would agree with that.
LILY: It felt like some important diplomatic matters were being taken care of. And that happened after the Area 51 and Moon business. So I think that would make complete sense to gather at a location like that and have a big meeting to discuss what's been going on in future next steps and a peace agreement as well.
DR. SALLA: Now, have you, I know you do a lot, you've been doing a lot of remote viewing over the last few years of these deep

underground military bases. Have you been getting any more information about any other bases, what's going on there, like to confirm whether or not these bases are being turned over from Black Hat control to White Hat control?

LILY: Well, the other recall that I had more recent was being in Tonopah and just scanning for malicious activity in these underground facilities. And I don't remember coming across any that kind of came through a recall as I was waking up. But yes, so I don't have any other information on other bases at the moment. But I think that is a good sign. It seems like there's patrolling happening right now to snuff out the remainder the remaining small pockets, small or large pockets of this sort of activity. Yes, but I don't have any other, I haven't looked at any other specific ones in a while.

DR. SALLA: Okay, okay. So right now, I mean, today's August 14, as we're taping this, and I mean, there are these wars happening in Ukraine and the war in Iran. And the surface level explanation for these wars are, well, in the case of Ukraine, it's territory and joining NATO. But it seems that there's a there's a purpose, a deeper purpose behind that, which is the deep state, the global cabal, they want to expand that into a world war.

And in Iran, it seems to be something that's connected that the Iranians have found some ancient texts and portals that apparently allow me some very dark entities to come through. And the White House wants to get control of that and prevent that from happening. So, yes, so do you have any information on either of those things?

LILY: I haven't gotten any specific updates on that. But you know, they told me when what broke out with Iran, they said this one was going to take longer than the other. So it sounds like they knew that going in because I was told that at the beginning. So it seems like there's still a back and forth going on. And I haven't really gotten any updates on that.

Besides this recent Moon recall in the Area 51, I've actually been really focused on, well, like internal development and meditation and healing and things like that. So I've kind of taken a break from like going out into the war room. But the Moon in Area 51 stuff just fell right on my lap. I could not ignore that. So it's like sort of reignited

my investigation on this. But yes, I was told that that was going to take longer than the other things, the other instances where we saw the military going and it was a quick thing over and done with they told me this one was going to take longer.

DR. SALLA: Oh, that's very interesting. So you've been working more on the internal development side and then these kind of like exopolitical type events start happening and you're pulled away from that. And I think that's kind of like very interesting because people want to know more about the exopolitical stuff.

But I always feel that it's very important that you do the inner work first, find out more about who you are and connect with that. And then as you do that, then you'll become better at understanding the big picture your discernment will be more accurate. You're not going to be as easily manipulated. So yes, I mean, in terms of like this inner work and just becoming more in tune with your higher self, I mean, how important is that for those that want to understand the exopolitical big picture?

LILY: Well, I would say 100%. It's in that's the most important thing, really. And I've been feeling so there's so much noise going on and it can be very distracting from what's really important. And when you focus inward and you focus on yourself, you're not going to be as a person. Other things can be drawn to you that just line up with your journey. So you really can't go wrong by focusing inward.

And I've really been re grounding a lot has happened over the past year in the world and for me. So yes, lately that like the past, especially the past month, I've been aligned, managing my emotions, hacking the matrix, co creating the reality that I desire in the state of being that I desire. And I've been experimenting with different techniques like that. And what you focus your energy on that grows.

So just being very, very mindful of that. And so I was shocked when these sort of recalls started coming to me, but maybe it was because I was ready to learn about them. And there were some important events. But I think it's important, all of everything that's going on the exopolitical world, it is important.

But at what point does it become almost toxic to focus on it like too much without doing any of the inner work. And even if you've done a lot of inner work, which I've done a lot of inner work, it's always good to take a break. I know George just recently took nine months off. I just saw like a little just five minutes of your guys's recent interview. But I think that's incredible. You do have to take time off to focus completely on yourself periodically. So that's, that's what I've been doing, trying to manage a channel at the same time can be a little bit difficult.

But I feel I've reached a whole new level of tapping into my power of feeling, just feeling good, protected, safe, and, and grounded, really grounded and heart centered.

DR. SALLA: That's really the biggest key. Now you mentioned something about these great aliens trying to abduct you. And so I know people often have that question, well, how do you deal with kind of like dark situations like that, whether it's Grays or whether it's directed energy weapons attacks or anything like that that's trying to take you away from this kind of work of awakening people to what's going on? What's your kind of like best way of protecting yourself and ensuring that these are text and succeed?

LILY: Right. So a big part of that is stepping into your power because you're in control. If they feel any inkling of fear and security in you, they're going to take advantage of that and they're going to exploit that. So that's why it's so important to make sure that you feel grounded, you feel safe, you feel protected, you feel in your power, you know your power.

So since the Moon recall happened, I've had two attempts by Grays. And that doesn't normally happen to me. I mean, I've had that happen before, but I definitely feel like it's because of this Moon recall, like they didn't want me to remember something or they were trying to confuse me or they were trying to.

Well, I think the abduction they were trying to take information from me. They were, they were going to try to probe my mind for some sort of intel or something, even stuff that I can't necessarily remember that I've witnessed, but I don't have access to for my own safety and for the integrity of the mission.

The first time they came to me, both times they woke me up in the middle of the night. And this is over the last couple of weeks. The first time they started telling me things, I just woke up and I heard this kind of monotone voice. There was no like really like good energy about it.
It was just like a voice, like a monotone voice, if that makes sense. And it started telling me some things and showing me some things saying that I was living other lives and it was showing me like some things on the Moon. It just didn't feel right. Then it started telling me some things that start, I started getting upset.
And I saw a flash of a Gray and I'm like, Oh crap, this is, it's the Grays that are talking to me. And so immediately I called in, I told them to leave and I called in Jesus. And immediately I did, I felt them leave actually, I was surprised by how fast it worked. I felt that energy leave, they left me alone. I called in Jesus, Yeshua, whatever you want to call them.
And then I felt fine. And then that was the end of it. The second time was a bit more intense. This happened like a week later. I was woken up at about 250 in the morning out of a dead sleep. And I heard a voice say, you're coming with us tonight. Again, it was kind of this monotone voice.
And normally benevolent beings, they don't say, you're coming with us tonight. Like he was looking back on it. It was kind of odd. But I was half asleep and I'm like, where? And then they said, Oak Creek, Oak Creek Canyon. And that's somewhere in Sedona. But I saw a vision of a fire and like land on fire. And I got kind of confused to him like whatever, I'm just going to go back to bed.
So I tried going back to sleep. 10 minutes later at 3am, my fire alarm starts going off yelling fire, fire. And actually before that, when they said they were going to take me or they were coming, you're coming with us, I started feeling tingling sensation on the back of my head. So something was happening to me energetically through those beings. And the fire alarm started going off yelling *Fire*!, scared the crap out of me, the whole thing malfunctioned.
But so then I actually left my house, I went over to my partner's house because it really freaked me out and the alarm was not going

off. And we came back over and I'm like, what was that? And I realized that I was shown graze again. And my guides, I believe, tripped the fire alarm.
And they showed me a vision of fire to get me out of that situation. And they said that these graze, they were the ones who said, we're coming with us. And they were attempting to take me. The fire alarm going off broke that situation and got me out of there. So I believe that was my guide's helping me. That's the, that's actually that really freaked me out.
That's the most intense, almost abduction experience that I've had. And yes, so what I did, I got out of there. And then I did like a big kind of clearing, I called in Jesus. And I shared some of the messages with you. But then I saw like, I was seeing all these lights, I was seeing all these angels, the energy shifted. I felt protected.
I saw the Arcturians to our train beings with me. And they said, you're safe now, but they just had to get me out of that situation. Because I was so tired. I was like, Oh, you're coming with us, whatever, I'm just going to go back to sleep. And but they were doing, they were trying to do something to me.
So my guides had to get me out of there. That, that was a big wake up call to me at the end of the, the Moon recall that I had, they had sent people after me for my memories. And I think that's what I was experiencing then that normally doesn't happen. But
DR. SALLA: Well, I think that's, it's very useful to kind of like just explore what's happening there. When you invoke the name of Jesus, because I know people do that as a form of protection, what exactly is happening? Because you're doing this in, in this relationship or in this context there are these Gray extraterrestrials that they're trying to come in and take you and they obviously using their advanced technologies to do that.
And so when you invoke the name of Jesus, what exactly is happening? I mean, is it are you like inviting a celestial being called Jesus? Yeshua to, to kind of like intervene? Or are you opening up a part of yourself like a faith in the divine which protects you? So yes, I don't know if you've thought about that, but I think a lot of people would be very interested in just better understanding what exactly is

happening. You know, I know some people might say, well, Krishna, come and help me or Buddha, come and help me or whatever. So yes, what do you think is happening?

LILY: Yes, well, I think they're afraid of Jesus. I don't think they're compatible with Jesus. And Jesus can also be Christ consciousness. So I love how you said, are you opening up or invoking that part of yourself? I think that's also a big part of it because you don't want to be helpless and say, Oh, come save me. But when I invoke Jesus, I step into my power. I feel a light flooding through me.

So then I'm also raising my frequency, if that makes sense. And you have to be very stern and just you can't have doubt in your mind because that doubt leaves like a chink in your armor, if that makes sense. So I think it's it can be a combination of both. And Jesus, the presence of Jesus actually showing up, but also you are raising your frequency. You're invoking that Christ consciousness within you. And they're not compatible with that. That blinds them that probably hurts them. So they leave. I was surprised how fast it worked. But you have to be like in your power, you have to say it with conviction. And you have to say it with, I think with love and knowing that you're more powerful. That's really the the key to it.

DR. SALLA: Yes, that's so important. So you have to really feel this connection to the power within to the source to the light. That I am presence, that infinite I am presence. That's in there. And as you feel the connection with that, and as you increasingly call upon that, in whatever circumstance in your life, it gets it gets stronger and stronger.

And I think that's very helpful because I think we are entering into a period when the extraterrestrial presence just becomes and not just the extraterrestrial, but also the demonic. I mean, the presence of inter-dimensional who are demonic play more of an open role in our world or try to play more of an open role that we get to make that in a connection. And that becomes our protection, our source of inspiration. And that way we can deal with these different beings in a way where we're not going to be easily manipulated. ‘

LILY: Yes, that it's important to learn how to navigate that, especially if you are sensitive to this sort of energies. Some people almost envy

them. They don't they don't have to they don't worry about attacks or anything because they're not sensitive to that sort of thing. But especially if you're sensitive to it or you're doing important work, like you might get something that comes after you they might try to send something after you.
So it is really important learning how to navigate that. And some other tips that I've learned is cleansing your auric field, making sure there's no holes, cords, portals in the aura, even implants or tagging devices. This can get down a very thorough work if you're experiencing interference. Because that could that could literally create.
I actually had like a massage session recently. And I felt some weird energy come in halfway through the massage. And I'm like, Oh, So I start I immediately heard *shield*, *shield*. I didn't would put too much fear into it. But you know, I kind of didn't like put a shield and then just kind of tried clearing whatever that was.
Afterwards, that night I got attacked. I had a nightmare. And once I had the nightmare, I woke up and I'm like, okay, there's something going on. And I actually I asked for assistance. It was actually Native American spirits that guides that came. And they showed me that the massage had put a hole.
Whatever entities came in during that massage is kind of like a spiritual massage. I don't think sacred space was created as well as it should have been. And they had put a dark portal. So no matter the clearings I was doing, I was still being impacted. It wasn't going away.
The Native American spirits and guides showed me it's because you they opened a dark portal. So you have to close that portal. And immediately I started feeling little tingling on my physical body and that area. While I was working on it with them and closing that. And then literally it stopped.
So if you're doing my point is if you're doing clearings, if you're experiencing interference, but it's just not going away, there could be a number of issues. There could be a dark portal where no matter the clearings you do or a cord, it's going to keep coming back because you're not fixing the root of the issue.

And also another really important aspect to this is the personal development aspect where you are shifting into your power. Because when you feel more powerful, when you feel confident, you have faith, you have trust that creates the frequency and the energy to just where those things just can't even phase you.
And if they try, it's a weak attempt and you can tell them to leave. So that's the other aspect. It's what state of being you are caring what frequency you are carrying. And that makes a huge difference. When you're carrying that or embodying that is a better word, it just it repels them. Or it's a quick fix to get rid of them.
DR. SALLA: So what are you working on now? I mean, is there any upcoming event that you want to let people know about or any workshops you're doing? Or if people want to get in touch with you, where do they go?
LILY: Yes. So what am I doing? I think I'm spending some time just integrating and hanging out on YouTube. So people can come check me out on YouTube. Actually, I'm doing an event in November with Reality Revolution, Brian Scott and Sedona. I don't have that up on my website yet. But if your guides like reality revolution, that'll be a lot of like higher self meditation and things like that. So that's coming up in November.
I've also been working a lot with my DNA again, because that's incredibly powerful. Working with your DNA, turning certain traits on or off, healing, repairing, activating your gifts are DNA is activating right now. But when you consciously work with it, you can have incredible results. So I do have some DNA activations on my website, if people are interested in checking out some more of my work.
I also have like a psychic development class, a chakra healing. All of that is incredibly powerful and potent work right now as we are receiving and integrating these upgrades and realizing more of who we truly are. So that's basically what I'm working on.
DR. SALLA: Fantastic. So people can just go to lilynovacontact.com and you can find out more about Lily and her workshops and her book and YouTube channels. So well, amazing information Lily. Thank you for sharing that. It really does dovetail

with what other sources are telling us. And I think it's really important because you're not going to get this information from official media or the all these whistleblowers that are getting interviewed on the major channels. But this is the deeper stuff. It's the deeper.
Yes. So you're going to get it from these sources like yourself and George and Kathariine and others that are knowledgeable about what is going on in these different places. So thank you again for coming on the show. I hopefully will be able to have another follow up with you in a few months and we'll see what the latest state of affairs are on the Moon, Area 51 and elsewhere around the planet.
LILY: All right. Thank you so much for having me, Dr. Salla and thank you everybody.
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